

Personal Information:

First Name

Last Name

Phone Number

Due Date

- ☐ I will be attending classes alone.
- ☐ I will be bringing a guest or significant other.



Please call
262-896-8479 to
register or ask any
questions.

Please enroll me in this Session:

- ☐ January 5, 12, 19 & 26
- ☐ April 5, 12, 19 & 26
- ☐ July 5, 12, 19 & 26
- ☐ October 4, 11, 18 & 25

Remember to bring your pillow!

***2016 Schedule
for Childbirth
Education Classes***

**JANUARY
5, 12, 19 & 26**



**APRIL
5, 12, 19 & 26**



**JULY
5, 12, 19 & 26**



**OCTOBER
4, 11, 18 & 25**



**2016 Childbirth
Education Classes**

*Preparing for the most
important day in your
baby's life!*



**Waukesha County
Public Health Division**

(located within the Human Services Center)

514 Riverview Avenue

Waukesha, WI 53188

262-896-8430



Waukesha County's Public Health Division is now offering a series of four Childbirth Education Classes for pregnant women who currently participate in any Waukesha County Health and Human Services program. There is no fee.

Each childbirth can be different. Whether this is your first child or fourth, these classes will help you prepare for the birth of your child.

Each class will focus on a particular topic and include breathing exercises.

Please bring a pillow with you to *each* class.

- The first class will focus on the ***stages of labor*** and the ***birth process***;
- The second class will focus on ***comfort measures / C-Section info***;
- The third class will focus on ***newborn care***;
- And the fourth class will focus on ***breastfeeding***. (Breastfeeding classes are also available in Spanish).

Take comfort

in

KNOWING

When: Classes will take place the first 4 Tuesdays in January, April, July & October.

Time: 12:30 – 2:30 PM

Place: Human Services Center
514 Riverview Avenue
Waukesha



Waukesha County

Public Health

A Division of the Department
of Health & Human Services



www.waukeshacounty.gov/pregnancy



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ask any questions.**